



**GIRLS IN ACTION**  
**February 05, 2011**  
**10am-2pm**  
**@ Redmond Senior Center**

**FREE! FREE! FREE!**

Register and enter to win cool prizes!

Register at: 425-556-2358 RYPAC@redmond.gov  
 (use class code 35966)

Grab your friends for an adventure! Come hang with some local pro's and learn some new tricks in Skateboarding, Yoga, Kickboxing and Belly Dancing! You'll also get to sample some tasty healthy food for girls on the go!

**Schedule:**

9:30 am – Registration Opens

10:00 am – 22 year old, Hydroplane Racer and Kayleigh Perkins Mallory will kick off the morning and share some of her inspiring story!

10:30-11:30 – Activity Sessions of Kickboxing, Yoga, Skateboarding and Belly Dancing

11:30 – Lunch Break with Pro-Club Nutritionist Chelsey Bobcek who will help us read food labels, find healthy snacks that actually taste good and healthy ways to think about what we're eating.

12:00-1:30 – Activity Sessions of Kickboxing, Yoga, Skateboarding and Belly Dancing

1:30 – Sheri Gazitt from the Women's Sports Foundation will send us off with inspiring ideas on how we can look and feel our best!

2:00 – Raffle Drawing!

Open to girls grades 7<sup>th</sup> thru 10<sup>th</sup> but we encourage older high school students to come and volunteer at the event for community service hours.



Girls Unlimited is a City of Redmond initiative about empowering girls. We are hosting several events throughout the year to inspire, encourage and develop young women leaders.